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ABSTRACT

Intended to take the fear out of what looks like a daunting task--writing a life story--this guide helps individuals record the events of their lives for family and friends and adds to a collective history. The guide outlines a method of autobiographical writing that can be used by a class but also by an individual writing alone at home. It focuses on small, manageable assignments, so that memories can be preserved for children, grandchildren and others. The guide offers tips on: intriguing topics to write about, inspired by a relative, childhood toy, or favorite memento; foolproof tricks to jog the memory; ways to capture stories on paper without getting bogged down; easy ways to gather facts at the local library or historical society; excerpts from other writers; published biographies that will delight and motivate; and how to get published. A list of autobiographies for further reading concludes the guide. (NKA)

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